



FOR YOUTH DEVELOPMENT™  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# POOL SCHEDULE

## WEST PARK FAMILY YMCA

**MARCH 2019**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>AM SCHEDULE</b>						
6:30-8:20am Lap Swim	6:30a-8:20am Lap Swim	6:30a-8:20am Lap Swim	6:30a-8:20am Lap Swim	6:30a-8:20am Lap Swim		<b>Pool closed</b>
8:30-9:30am Aqua Aerobics	8:30-9:30am Aqua Aerobics	8:30-9:30am Aqua Aerobics	8:30-10:00am Lap Swim	8:30-9:30am Aqua Aerobics	9:00-11:00 Adult Lap/Adult Open Swim	
10:45-11:45am Arthritis	10:45-11:45am Arthritis	10:45-11:45am Arthritis	10:45-11:45am Arthritis	10:45-11:45am Arthritis		
<b>PM SCHEDULE</b>						
12:00-12:50pm Lap Swim	12:00-1:00pm Lap Swim	12:00-1:00pm Lap Swim	12:00-1:00pm Lap Swim	12:00-12:50pm Lap Swim		
1:00-2:00pm Adult Open Swim				1:00-2:00pm Adult Open Swim		
5:00pm -7:00pm Family Swim	5:00pm -7:00pm Adult Lap/Open Swim	5:00pm -7:00pm Adult Lap/Open Swim	5:00pm -6:00pm Adult Lap/Open Swim	5:00pm -7:00pm Adult Lap/Open Swim		
7:00pm-7:30pm Adult Lap/Open Swim			6:00pm-8:00pm Family Swim			

***\*Schedule is subject to change***

